

Stretching Assignment PSK4U

Name of Sport

Muscle Group Acted Upon

Diagram

Rationale i.e. type of movement/injury prevention

Clear Outline for Instruction i.e. length of time

Clarity of Class Presentation

Nt: Any photocopying needed I must have 1 day in advance

Sep 26-2:26 PM

Thursday October 5th	_____ Test _____
Friday October 6th	_____
Tuesday October 10th	_____
Wednesday October 11th	_____
Thursday October 12th	_____ <i>Chloe</i>
Friday October 13th	_____ <i>Taylor B</i>
Monday October 16th	_____ <i>Taylor A</i>
Tuesday October 17th	_____ <i>Page</i>
Wednesday October 18th	_____ <i>Bethany</i>
Thursday October 19th	_____ <i>Holly</i>
Friday October 20th	_____ <i>Nick S</i>
Monday October 23rd	_____ <i>Emily</i>
Tuesday October 24th	_____ <i>Lauren</i>
Wednesday October 25th	_____ <i>Madison</i>
Thursday October 26th	_____ <i>Brooke</i>
Friday October 27th	_____ <i>Miranda</i>
	_____ PA Day _____
Monday October 30th	_____ <i>Jan & Grace</i>
Tuesday October 31 st	_____ <i>Nick</i>
Wednesday November 1st	_____ <i>Julia</i>
Thursday November 2 nd	_____ <i>Emma</i>
Friday November 3 rd	_____ <i>Brenna</i>

Sep 26-2:31 PM

Monday November 7	_____
Tuesday November 8	_____
Wednesday November 9	_____
Thursday November 10	_____
Friday November 11th	_____
Monday November 14	_____
Tuesday November 15	_____
Wednesday November 16	_____
Thursday November 17	_____
Friday November 18th	_____

Sep 27-7:29 AM